

CFSC MAY OPEN INVITATIONAL MEET



hosted by
Cy-Fair Swim Club – Fleet Swimming
Long Course Timed Final
May 3-5, 2013
SANCTION # GULC 13-009



LOCATION: Fleet Aquatic Center
14654 Spring Cypress Rd.
Cypress, Texas 77429
See Attached Map

COACHES: Jack Maddan Head Coach
Andy Korda Head Age Group Coach

POOL: Ten lane, 50 meter pool with non-turbulent lane lines. There is a separate warm-up/warm-down area.

WARM UP LANE: During the meet, the Fleet FIRST lesson pool will be open for warm up and warm down. It is a 6 lane, 25 yard indoor pool. No diving is allowed. Linger in the lanes or playing will not be permitted. A safety marshal will be assigned to monitor the WU/WD lanes and enforce these rules throughout the meet. The safety marshal has the authority to remove from the WU/WD lane any swimmer who does not comply with these rules. The Meet Referee may exercise additional adjudication authority as necessary.

TIME AND DATE: This is a Timed Finals Split Session Meet.

Friday Session:

May 3, 2013: Open warm ups at 4:00 pm, meet starts at 5:30 pm (TIMED FINAL EVENTS).

Saturday and Sunday Morning Sessions (10 & Under and **11-12 Boy Events**):

May 4-5, 2013: Warm ups at 7:30 am, meet starts at 9:00 am (TIMED FINAL EVENTS).

Saturday and Sunday Afternoon Sessions (13 & Up and **11-12 Girl Events**)

May 4-5, 2013: Warm ups at 1:00 PM, meet starts at 2:30 PM (TIMED FINAL EVENTS).

Split warm-ups will be in effect for all sessions, with assignments posted on the Gulf Swimming web site.

Lane assignments for warm-ups and timing will be designated in the psych sheet, and posted on the Gulf Swimming website by Monday, April 29, 2013.

MEET TYPE: This meet will be run utilizing chase starts.

** 400 IM, 400/800 Freestyle events will utilize chase starts alternating girls and boys heats. Girls heats will start from the locker room end of the pool and boys heats will start at the field end of the pool.

100 and 200 meter events: Odd heats will start at the locker room of the pool and even heats will start at the field end of the pool.

All 50 meter events will start from the locker room end of the pool.

MEET REFEREE: Tom Jones, twjones@earthlink.net

MEET DIRECTORS: Carolyn Reed, deerjc@gmail.com
713-725-4604
Michele Gallagher, michelegallagher@mindspring.com

SAFETY MARSHAL: Diana Marshall

SAFETY GUIDELINES AND WARM-UP PROCEDURES: See attached Safety Guidelines and Warm-up Procedures.

SEEDING: The meet will be pre-seeded, except the 400 IM and 400/800 Free events will be deck-seeded. All events will be seeded with heats in the order of fastest to slowest. As a courtesy to the host, coaches should inform the Clerk of Course of swimmers not attending the meet. Empty lanes will be used to fill on-deck entries. **Relay cards due by 8:15 am each day or the entry will be considered scratched. Afternoon session relay cards will be due at 1:45 pm or 45 minutes before the start of the meet.**

CHECK-IN: All swimmers must positive check in with the Clerk of the Course for all Friday events by 4:45 pm. **All swimmers in Events 85 and 86 on Sunday afternoon must positive check in with the Clerk of the Course by 3:00pm, Sunday.** After the events are officially closed, no one may check in or scratch. Failure to appear at the starting blocks will result in the swimmer being assessed a \$5.00 fine, payable to Gulf Swimming Administrative Vice-Chairman, Henry Clark, if he/she fails to appear. **Swimmers must provide their own timers and lap counters for all Friday events AND Events 85 and 86 ON SUNDAY.**

ON-DECK ENTRIES: Late entries will be accepted each day up to **45 minutes** before the start of the meet. Those swimmers missing the 6:00 p.m. Tuesday April 23, 2013 deadline may enter the meet on deck in the following manner:

1. Swimmers must pay double the entry fee at the time of entry.
2. Swimmers must supply completed entry forms entered at the swimmers' best times. The swimmers will be seeded into the events according to their best times.
3. Swimmers must enter all events for the day forty-five (45) minutes prior to the start of the day's first event.
4. Swimmers must be qualified to swim the event entered.
5. Swimmers must not exceed the allotted number of events allowed each day.
6. Swimmers who on-deck to change a deck seeded entry time in an event already entered must circle-in on the posted circle-in sheets. The new time will be used for seeding. The on-deck entry fees still apply to these swimmers.

ENTRY INFORMATION:

Entry Times: Swimmers must enter at their best time. Entry times must be from USAS meets and submitted in the course at which the best time was achieved – short course yards (Y), short course meters (S), or long course meters (L). Do not convert meter times to yard times. If entries are made by paper (not using Hy-Tek), swimmers should indicate on their entry the course at which the entry time was made (i.e., Y, S, or L). If swimmers have never competed in a USA Swimming meet before, put NT where a seed time is requested.

Cut-off Times: None.

Qualifying Times: Swimmers must have BB or better times to enter any FRIDAY event. The 2013-2016 USAS National Motivational time standards are included in this announcement.

Age: As of May 3, 2013.

Number of Events: Swimmers may compete in up to three (3) individual events per day and up to one (1) relay event per day.

Deadline: Entries must be in the hands of the Meet Entry Chairman no later than 6:00 p.m. on Tuesday, April 23, 2013. No late entries will be accepted. Do not send entries via Federal

Express, etc., that require a signature; if you must send your entries by express mail, please indicate that a signature is NOT required. Mail or hand deliver entries to the Meet Entry Chairman at:

CFSC
Attn: Carolyn Reed
11659 Jones Rd. PMB #351
Houston, TX 77070
713-725-4604
deerjc@gmail.com

Entries: All teams entering 10 or more swimmers MUST submit their entries on a diskette or electronically via e-mail, using the Hy-Tek Meet Manager/Team Manager computer software, along with a hard copy printout of the entries. Teams without Hy-Tek should submit their entries on the enclosed Entry Form. A \$25.00 fee must be included with the entry fees for teams that enter 10 or more swimmers using an entry form only (without sending Hy-Tek files). Include relays and relay-only swimmers on your completed entry form, diskette, or electronic submission.

Teams may electronically mail their Meet Manager files. Payments for the electronic entries and a hard copy print-out of the entries must be submitted or postmarked no later than 24 hours after the entry deadline as stated in the Meet Invitation.

Eligible Teams: Gulf registered teams. Only swimmers attached to a Gulf Team or swimmers in the documented process of transferring to a Gulf team may participate in this invitational meet.

Fees: Five dollars and fifty cents (\$5.50) per Individual Event and nine dollars (\$9.00) for each Relay event plus a two dollar (\$2.00) per Swimmer Surcharge fee. Make checks payable to CFSC. Entry fees must accompany entries, if delivered by any method other than email.

AWARDS: Individual events: Ribbons 1st – 10th place. Relay events: Ribbons 1st – 3rd place.

SCORING:

| | |
|--------------------|---------------------------|
| Individual Events: | 11-9-8-7-6-5-4-3-2-1 |
| Relay Events: | 22-18-16-14-12-10-8-6-4-2 |

10 & Under individual and relay events will be swum combined but scored separately as 8 & under and 9-10.

13 & Up individual and relay events will be swum combined but scored separately as 13-14 and 15 & Up.

RULES AND SANCTIONS: The 2012-13 USA Swimming and Gulf Swimming rules will apply. The meet will be held under the sanction of USA Swimming and Gulf Swimming. No entries can be accepted unless the entrant is either registered or certified by USA Swimming. The three (3) event rule and up/down rule do not apply.

POOL MEASUREMENT:

The competition course has not been certified in accordance with USA Swimming Rule 104.2.2(C). The pool will be measured before the competition begins to ensure that the course length is correct.

The water depth of the competition course is 6 feet measured from 1 meter to 5 meters on the starting end of the course, and 9 feet measured from 1 meter to 5 meters on the turning end of the course.

TIMING SYSTEM: A Colorado Model 6000 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published in the psych sheet. Swimmers in the 400IM and 400/800 Freestyle must provide 2

timers and a lap counter where applicable.

POOL DECK RESTRICTION: Because of USA Swimming Insurance Safety Regulations, the swimming pool deck, during the operation of all Gulf Swimming sanctioned meets, is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. All registered non-athletes are required to display their current USA Swimming registration card. If you are asked to leave the deck by any registered personnel, please do so. It is for your safety.

Coaches and Officials must present their membership cards in order to receive complimentary Psych Sheets and for admission to the Hospitality Room.

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

AUDIO/VIDEO RECORDING DEVICES: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

UNACCOMPANIED SWIMMERS: Any swimmers entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

SWIMMERS WITH DISABILITIES: Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve Gulf Swimming equipment (remote strobe).

CONCESSIONS: Lenny's Sub Shop will have a full line of breakfast and lunch items available for purchase at the meet. Menu items include breakfast burritos, pancakes, Philly cheesesteak, either beef or chicken, Cheeseburger, Fajita Taco, either beef or chicken, cold Subs and all beef hotdogs.



HOSPITALITY: A hospitality room will be available for Coaches and Officials.

MERCHANDISE: D&J Sports will be at the meet selling a complete line of swim gear and apparel.



MEET RESULTS: Meet results will be posted on the Gulf Swimming Web Page (www.gulfswimming.org) and www.fleetswimming.com, within three days after the conclusion of the meet.

PARKING: We will be utilizing offsite parking at the local elementary for all swimmers. There will be limited parking onsite for Fleet volunteers, team coaches and officials only. Please come prepared to utilize our swimmer drop off at the pool and park at Black Elementary School on Spring Cypress Rd. A shuttle will be provided for those parking at the elementary school. Maps will be available at Swimmer drop off in the Fleet Parking area.

ENTRY VERIFICATION
APPENDIX F

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry forms or entry disk are currently registered with USA Swimming. Additionally, I verify that the on-deck coaches have met the current certification requirements.

Signature

Title

Date

Entry rules:

Type of Meet: Timed Finals
 Max # individual events per day: Three (3)
 Swimmers eligible: Gulf registered teams
 Entry times in: LCM/SCM/SCY
 Qualifying times: None
 Enter with no time: Yes
 Special Rules: Swimmers must meet or exceed BB times to swim any Friday events.
 Fees: Individual - \$5.50, Relays \$9.00
 Facility surcharge: \$2/swimmer

Friday Night Events

| SCM Cut Off | LCM Cut Off | Yard Cut Off | Girl Event # | Event Description | Boys Event# | Yard Cut Off | LCM Cut Off | SCM Cut Off |
|--|-------------|--------------|--------------|-------------------|-------------|--------------|-------------|-------------|
| Friday, May 3, 2013, Warm Ups 4:00 PM, Meet Starts at 5:30 PM | | | | | | | | |
| 6:38.69 | 6:52.09 | 6:00.89 | 1 | 11-12 400 IM* | 2 | 5:52.99 | 6:42.49 | 6:29.99 |
| 6:18.09 | 6:30.39 | 5:42.19 | 1 | 13-14 400 IM* | 2 | 5:20.29 | 6:08.79 | 5:53.99 |
| 6:07.89 | 6:18.79 | 5:32.89 | 1 | 15-Up 400 IM* | 2 | 5:07.69 | 5:51.59 | 5:39.99 |
| 6:42.09 | 6:51.59 | 7:39.49 | 3 | 0-8 400 Free* | 4 | 7:32.59 | 6:44.59 | 6:36.09 |
| 6:42.09 | 6:51.59 | 7:39.49 | 3 | 9-10 400 Free* | 4 | 7:32.59 | 6:44.59 | 6:36.09 |
| 5:48.89 | 5:56.49 | 6:38.59 | 3 | 11-12 400 Free* | 4 | 6:32.79 | 5:48.69 | 5:43.79 |
| 12:01.69 | 12:30.19 | 13:44.69 | 5 | 11-12 800 Free* | 6 | 13:31.49 | 12:19.59 | 11:50.19 |
| 11:29.89 | 11:41.99 | 13:08.29 | 5 | 13-14 800 Free* | 6 | 12:27.69 | 11:21.79 | 10:54.39 |
| 11:15.39 | 11:30.19 | 12:51.69 | 5 | 15-Up 800 Free* | 6 | 12:01.59 | 10:50.69 | 10:31.49 |

* 400 IM, 400/800 Free events will alternate girls and boys heats. Girls heats start from the locker room end of the pool and boys heats will start at the field end of the pool.

* All events will need to provide their own timers and counters.

Saturday Morning Events

| Girl Event # | Event Description | Boys Event # |
|---|-----------------------------|--------------|
| Saturday, May 3, 2013 Warm Ups 7:30 AM, Meet Starts at 9:00 AM | | |
| -- | 11-12 200 Medley BOY Relay | 12 |
| 9 | 10 & Under 200 Medley Relay | 10 |
| 5 Minute Break | | |
| -- | 11-12 100 Back BOY | 8 |
| 13 | 10 & Under 100 Back | 14 |
| -- | 11-12 200 Breast BOY | 16 |
| 17 | 10 & Under 50 Breast | 18 |
| -- | 11-12 50 Breast BOY | 20 |
| 21 | 10 & Under 50 Free | 22 |
| -- | 11-12 50 Free BOY | 24 |
| 25 | 10 & Under 100 Fly | 26 |
| -- | 11-12 100 Fly BOY | 28 |
| 29 | 10 & Under 200 Free | 30 |
| -- | 11-12 200 IM BOY | 32 |

Saturday Afternoon Events

| Girl Event # | Event Description | Boys Event# |
|--|-----------------------------|-------------|
| Saturday, May 3, 2013 Warm Ups 30 Minutes after morning session but no earlier than 1:00 PM, Meet Starts at 2:30 PM | | |
| 11 | 11-12 200 Medley GIRL Relay | -- |
| 33 | 13 & Over 200 Medley Relay | 34 |
| 5 Minute Break | | |
| 7 | 11-12 100 Back GIRL | -- |
| 35 | 13 & Over 100 Back | 36 |
| 15 | 11-12 200 Breast GIRL | -- |
| 37 | 13 & Over 200 Breast | 38 |
| 19 | 11-12 50 Breast GIRL | -- |
| 39 | 13 & Over 50 Free | 40 |
| 23 | 11-12 50 Free GIRL | -- |
| 41 | 13 & Over 100 Fly | 42 |
| 27 | 11-12 100 Fly GIRL | -- |
| 43 | 13 & Over 200 Free | 44 |
| 31 | 11-12 200 IM GIRL | -- |

Sunday Morning Events

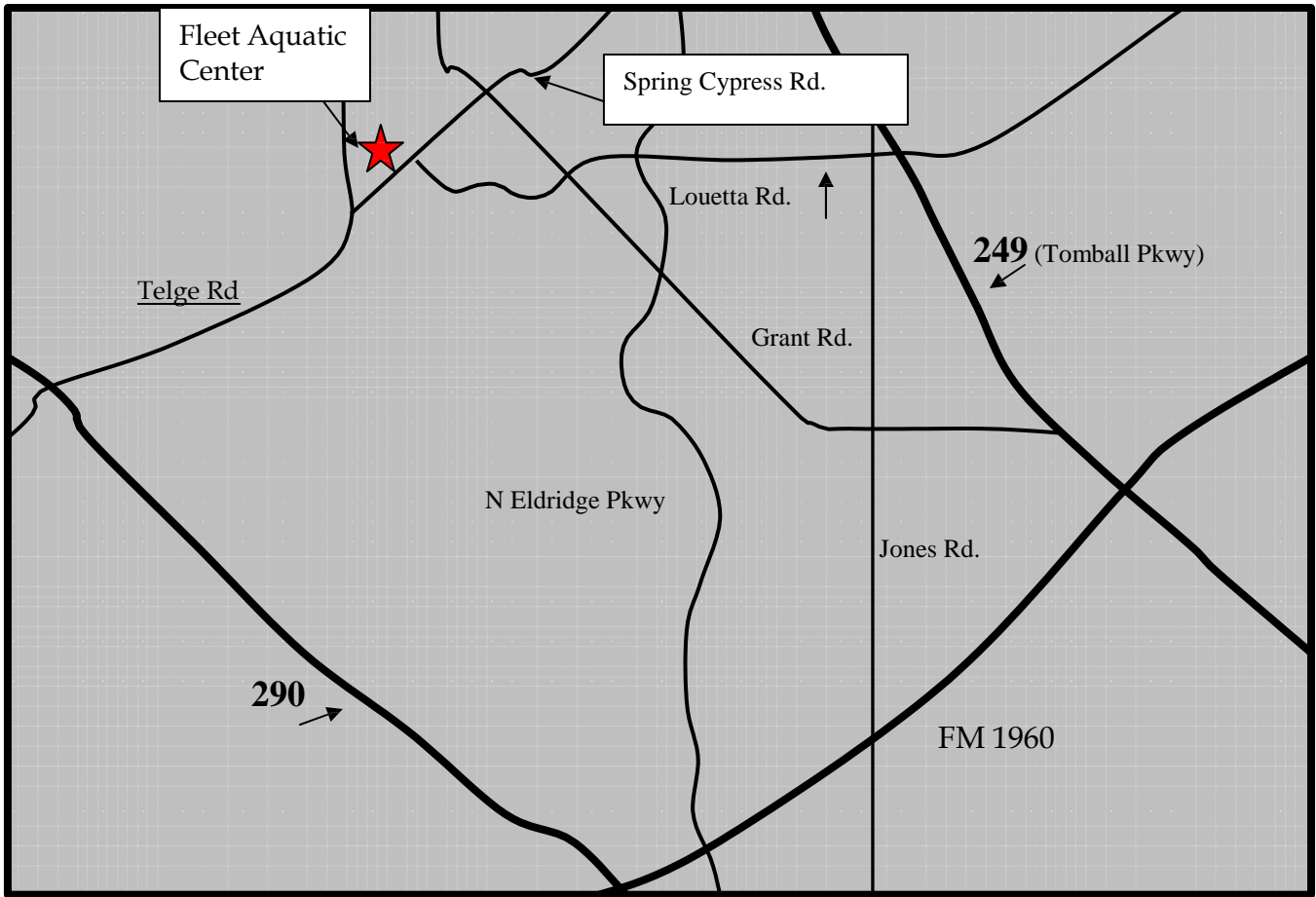
| Girl Event # | Event Description | Boys Event# |
|---|---------------------------------|----------------|
| Sunday, May 4, 2013 Warm Ups 7:30 AM, Meet Starts at 9:00 AM | | |
| -- | 11-12 200 Free BOY Relay | 46 |
| 47 | 10 & Under 200 Free Relay | 48 |
| 5 Minute Break | | |
| -- | 11-12 200 Back BOY | 50 |
| 51 | 10 & Under 100 Free | 52 |
| -- | 11-12 100 Free BOY | 54 |
| 55 | 10 & Under 50 Back | 56 |
| -- | 11-12 50 Back BOY | 58 |
| 59 | 10 & Under 100 Breast | 60 |
| -- | 11-12 100 Breast BOY | 62 |
| 63 | 10 & Under 50 Fly | 64 |
| -- | 11-12 50 Fly BOY | 66 |
| 67 | 10 & Under 200 IM | 68 |
| -- | 11-12 200 Free BOY | 70 |
| 10 Minute Break | | |
| -- | 11-12 200 Fly BOY | 72 |

Sunday Afternoon Events

| Girl Event # | Event Description | Boys Event# |
|---|----------------------------------|----------------|
| Sunday, May 4, 2013 Warm Ups 30 Minutes after morning session but no earlier than 1:00 PM, Starts at 2:30 PM | | |
| 45 | 11-12 200 Free GIRL Relay | -- |
| 73 | 13 & Over 200 Free Relay | 74 |
| 5 Minute Break | | |
| 49 | 11-12 200 Back GIRL | -- |
| 75 | 13 & Over 100 Free | 76 |
| 53 | 11-12 100 Free GIRL | -- |
| 77 | 13 & Over 200 Back | 78 |
| 57 | 11-12 50 Back GIRL | -- |
| 79 | 13 & Over 100 Breast | 80 |
| 61 | 11-12 100 Breast GIRL | -- |
| 81 | 13 & Over 200 Fly | 82 |
| 65 | 11-12 50 Fly GIRL | -- |
| 83 | 13 & Over 200 IM | 84 |
| 69 | 11-12 200 Free GIRL | -- |
| 10 Minute Break | | |
| 71 | 11-12 200 Fly GIRL | -- |
| 85 | 13 & Over 400 Free** | 86 |

** 400 IM, 400/800 Free events will alternate girls and boys heats. Girls heats start from the locker room end of the pool and boys heats will start at the field end of the pool.

** All events will need to provide their own timers and counters.



Fleet Aquatic Center

14654 Spring Cypress Rd.

From 290, come to the Telge Rd. exit. Head north on Telge past several lights and stop signs. When you come to the first Telge and Spring Cypress stop sign, take the right and cross over Little Cypress Creek to another Spring Cypress stop sign. Take a right and head 0.3 miles down Spring Cypress to drive on left with Fleet sign.

From 249 either take Louetta exit, head west, go past Grant Rd. to where Louetta dead ends at Spring Cypress and take a left. Go down and pool will soon be on your right. Or take Spring Cypress, past Grant and look for Fleet sign on your right.

From 1960, go west to 249 & take a right to head north. Get off Grant Rd. Take a left and go west. Go past Jones, Eldridge Pkwy and Louetta. Take a left at Spring Cypress stop sign. Pool will be shortly on right. Look for sign.



SAFETY GUIDELINES AND WARM-UP PROCEDURES
APPENDIX G**WARM-UP PROCEDURES**

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-Gulf teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals are members of USA Swimming and have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of USA Swimming meets.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.